

USATF Sanctioned

BPAC

Buffalo, NY

6 Hour Distance Classic

MAKE THIS YOUR FIRST ULTRA or USE IT AS A TRAINING RUN FOR A SPRING MARATHON

First Race in the Western New York 2009 Ultra Series

(www.wny-ultra.org) Other races in the series are:

Highland Forest 1,2,3 (30M), Finger Lakes Fifties (50M & 50K),

Green Lakes Endurance Runs (100K & 50K), Canandaigua Ultra (50M & 50K), and Mendon Trail Runs (50K)

WHEN: Sunday, April 26, 2009 at 8:00 a.m. sharp. Run or walk as far as you can, for up to six hours. All timing stops at 2:00 p.m. Partial laps at the end of the race will count, but only if the runner completes a full lap.

WHERE: Amherst Bike Path at Amherst Pepsi Center, south of University at Buffalo North Campus. Take I 290 to exit 5B, exit north on Millersport Highway (263) for one mile. Exit at Coventry exit (second light) to right. Pepsi Center is on left.

COURSE: 3.25 mile scenic loop, P-shaped, paved, traffic-free.

AID STATIONS: *New* Located at 2 mile and 3.25 mile markers, with water, gatorade, cookies, and bananas.

AWARDS: Certificates for all finishers; finisher medals for top 30 finishers

- Prorated times for all marathon distance finishers.
- All competitors with at least 10 laps will be listed in *Ultrarunning Magazine*.
- Results will be mailed to all finishers and will be posted on the web.

RACE REGISTRATION and NUMBER PICK-UP

- Sunday, April 26, 2009, 7:00 to 7:30 a.m., northeast corner of Pepsi Center parking lot.

REGISTRATION FEE: • \$20 U.S. / \$25 Canadian: prior to April 24, 2007

• \$25 U.S. / \$35 Canadian: on race day prior to 7:30 a.m.

- Checks in U.S. currency made payable to the "Buffalo Philharmonic Athletic Club." Checks in Canadian currency made payable to "Susan Devlin." Mail completed applications to Susan Devlin / PO Box 438 / Hamburg, NY 14075.

POST RACE PARTY: 2:30 to 5:00 p.m. under the shelter at the start line.

For additional information, contact: Susan Devlin / E-mail: sd_runner@hotmail.com

RACE APPLICATION [Please print]

Last Name	First Name	MI

Number and Street		

Town / City	State	Zip Code
_____	_____	_____
Phone Number	Age	Male / Female
_____	_____	_____

Release: In consideration of your accepting my entry and permitting me to attend or participate therein, I intend to be legally bound hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may now or in the future have against the Buffalo Philharmonic Athletic Club, the Town of Amherst, or their representatives, agents, members or Assigns for any and all losses and/or injuries from competing in or attending said run. I verify that I am physically fit, and have trained Sufficiently for this race.

Participant's Signature _____ Date _____

Parent / Guardian _____ Date _____
(if participant is under age 18)